

REMARKS
ON
THE CONSTRUCTION
OF
PUBLIC HOSPITALS
FOR THE CURE OF
Mental Derangement.

READ TO A COMMITTEE OF INHABITANTS OF
THE CITY OF GLASGOW, APPOINTED TO RECEIVE PLANS,
WITH A VIEW TO THAT OBJECT,

BY WILLIAM STARK,
ARCHITECT;

AND PUBLISHED BY DESIRE OF THE COMMITTEE.

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CONTENTS

THE HISTORY OF THE

REIGN OF THE EMPEROR

OF THE

OF THE

OF THE

OF THE

OF THE

OF THE

OF THE

ADDRESS OF THE COMMITTEE.

TO THE PUBLIC.

Every one who interests himself in the fate of those afflicted with the loss of reason, the heaviest calamity incident to our race, has remarked, with surprise and regret, how little has hitherto been done in any part of Scotland for their proper accommodation. In many late instances, the want of a proper receptacle for lunatics has been felt so strongly, that, for a considerable time past, many gentlemen have been most anxious to institute an asylum in Glasgow, on the best principles for ensuring the safety, and promoting the recovery, of the insane of every rank, and large enough for patients both from the city of Glasgow, and from the adjoining country. To carry this into execution, a Committee was appointed, and a piece of ground, admirably adapted for the purpose, has been procured.

As soon as this was obtained, the Committee applied to Mr. Stark for a proper plan; and that gentleman, after examining the ground carefully, and obtaining all the information he could get here, has inspected, with great accuracy, many of the best asylums in Britain. He has now laid before the Committee the Plan of a Building, which, in their opinion, is excellently fitted for the purpose of preventing risk, securing comfort, and affording the best chance of recovery to its unfortunate inmates.

Diffident of their own judgement, the Committee requested five medical gentlemen who met with them, to consider the Plans deliberately, and to report their opinion. This they did in terms of high and unqualified approbation.

When this opinion was received, Mr. Stark, in order to develope farther the views which led to the arrangement in his Plan, read a Memoir, which seemed to the Committee so interesting, that they requested and obtained his permission to lay it before the Public; in whom, they think, it cannot fail to produce a lively sympathy and interest.

REMARKS, &c.

GENTLEMEN,

IN the arrangement of the design for a LUNATIC ASYLUM, which I have now the honour of submitting to your consideration, I have endeavoured to reduce to practice some principles, which, at first view, might appear irreconcilable:—A system of arrangement of a very minute and apparently complicated kind, united to great ease and simplicity of management: a superintendence unusually active and efficient, which follows and watches every motion of the patient, while it insures to him a more than ordinary degree of individual liberty, of exemption from restraint and bondage, of personal security, of ease, comfort, and enjoyment.

In the possession of these advantages, the patient will soon perceive that he is secure during good behaviour; and an incentive to order and good conduct will thus be created, which will have a powerful and better effect upon his mind than examples of severity, or the terrors excited by a harsh and degrading system of punishment.

It may be alleged, perhaps, that few patients, from the state of their disorder, will be capable of feeling or appreciating these advantages, or of being influenced, in the manner expected, by the desire of preserving them. This opinion, however, if admitted, does not supersede any one motive founded either on justice, humanity, or obvious policy, for adopting the arrangement, and for pursuing the system as far as circumstances may permit. It is a system which opposes no restrictions or obstacles to the prosecution of other modes of discipline, which may be considered as more simple, more practicable, and more effectual; on the contrary, it tends to give them additional force and impression, by diminishing their frequency, while it affords an opportunity of putting in practice, on the great scale of an extensive public institution, a plan of treatment not wholly new or hypothetical, but which has frequently had almost insuperable difficulties to contend with.

To those to whom this Memoir is particularly addressed, it would be unnecessary to offer any reasonings to induce a wish, that, in the plan

proposed, nothing should be omitted which could contribute to the comfort of the patients; for that wish has already been generally expressed, and the most lively and active zeal displayed in favour of the unfortunate individuals, who, under the pressure of mental disease, require all the aids and alleviations which can be afforded them. I have occasion to know, that several gentlemen of this Committee have devoted a portion of their time to the melancholy office of visiting the mansions of the insane; and all, who have done so, must have felt convinced, that among those who are shut up within these receptacles, there are many, the nature of whose disease is far from precluding the means of comfort, or even of enjoyment: many, by whom a temporary deprivation of these means, after having become attached to their possession, would be felt both as a misfortune and as a punishment. Insane persons, indeed, seem to retain the power of judging, and of calculating upon what concerns their own interest, or, at least, their own safety, in states of the disorder, during which we might be apt to imagine them wholly incapable of it. A patient, in the midst of a furious paroxysm, can be induced to sit down quietly, and to allow himself to be dressed and shaved. Were the operator to attempt this singly, he might run some risk of suffering for his imprudence; but he is attended by the keeper, and the maniac, usually, has sufficient understanding

left to be able to estimate the effect of his own strength opposed to theirs, and to decline a contest, of which he can anticipate the result.

It is not uncommon to hear it asserted, that the precise mode of coercion is of little consequence, if its purpose be effected, and that the patient, from the state of his mind, either wholly disregards, or soon forgets it. Those, however, who are under the painful necessity of committing a friend to a house of confinement, will reason very differently, and will be extremely averse to having him subjected to a severe system of discipline, if the same purposes can possibly be effected by gentle means. Besides, it does not seem to be the nature of insanity to blunt the feelings which are usually excited by harsh and cruel treatment. We have many unquestionable proofs, that an insane person is capable of feeling acutely, and of recollecting distinctly, the treatment which he meets with, even in the accessions of frenzy; and the impressions, which he then receives, may often have a very unfavourable effect, both on his happiness, and on the state of his disease.

Even were he insensible to the effects of coercion, farther than the actual pain it inflicts, and dead to the shame of corporal punishment, may we not still suppose, that the fear of being deprived of comforts to which he is attached, will operate fully as strongly on his mind as the dread of other modes of punishment, which though severe, are

transitory, and which, perhaps, he feels a stubborn pride in enduring and despising? Some of those who have been employed in the treatment of the insane, do not seem to have been sufficiently aware of the superior efficacy of a mild system of superintendence, uniformly acted upon, and of the superiority of slight punishments, invariably applied, over others infinitely more severe, if irregularly and capriciously inflicted.

In some asylums, which I have visited, chains are affixed to every table, and to every bed-post; in others, they are not to be found within the walls*. The idea of inflicting corporal punishment is held in abhorrence, and rods or whips are considered as engines of power, too dreadful to be committed to the hands of servants, who may soon convert them into instruments of oppression.

In such asylums, however, there are no appearances of insubordination. The whole demeanour of the patients, on the contrary, is most remarkably submissive and orderly. The one to which I especially allude, the Retreat, or Quaker Asylum, near York, it may be proper to mention, is occupied by a description of people, whose usual habits in life are* highly regular and exemplary;

* In the implied disapprobation which the above sentence contains, I must remark, that it is to the indiscriminate, and not to the occasional and judicious, use of chains, in the treatment of the insane, that I allude; for, I have reason to believe, that chains may, in particular instances, be one of the mildest modes of preventing maniacs, in accessions of fury, from injuring themselves.

but the chief cause of its superiority will be found to lie in the government of the asylum. It is a government of humanity and of consummate skill, and requires no aid from the arm of violence, or the exertions of brutal force.

At the Retreat, they sometimes have patients brought to them, frantic, and in irons, whom they at once release, and, by mild arguments and gentle arts, reduce almost immediately to obedience and orderly behaviour. A great deal of delicacy appears in the attentions paid to the smaller feelings of the patients. The iron bars, which guarded the windows, have been withdrawn, and neat iron sashes, having all the appearance of wooden ones, have been substituted in their place; and, when I visited them, the managers were occupied in contriving how to get rid of the bolts with which the patients are shut up at night, on account of their harsh ungrateful sound, and of their communicating to the asylum somewhat of the air and character of a prison.

The effects of such attentions, both on the happiness of the patients, and the discipline of the institution, are more important than may at first view be imagined. Attachment to the place and to the managers, and an air of comfort and of contentment, rarely exhibited within the precincts of such establishments, are consequences easily discovered in the general demeanour of the patients; little, or almost nothing, appearing of that

feverish anxiety for release, the usual and unhappy concomitant of the disease, but which seems capable of being greatly alleviated, if not wholly subdued, by humane and skilful management. In that management, it may be supposed, that no harshness can be found, nor is any measure carried by coercive means, which can be accomplished by address, by persuasion, or by kindness. When force must be resorted to, it is accompanied with as few circumstances of degradation as possible. It is on this principle that they have abolished the use of fetters, the sight of which, they think, exasperates the patient, and inflames his disorder; and that they secure him, while frantic, by other means equally effectual, and less degrading.

But, however desirable a good system of management may be, no such system can be prosecuted with effect in an ill contrived building. The defects of arrangement must unavoidably affect the patient, and operate both against his comfort and his cure.

This must be obvious to all who may have had occasion to examine the common receptacles of lunacy in this country; those cheerless dismal dwellings, in the contrivance of which, nothing seems to have been considered, but how to enclose the victim of insanity in a cell, and to cover his misery from the light of day; where the treatment of his disorder is committed to the jailor, rather than the physician; and where, in his

lucid moments, he is exposed to circumstances of such horror, that his recovery, when such an event takes place, may be justly regarded as almost miraculous.

In such abodes, persons of liberal education, and of respectable rank in society, are unavoidably mixed with those of the lowest rank, of the most brutal manners, and of the most profligate habits; almost every possible state of the disease, is, in like manner, exhibited within the same ward, as if mental derangement, like the hand of death, levelled all distinctions.

Even in establishments, which have been erected with much more humane and liberal views, not only as to what respects the cure, but the immediate enjoyments, of the patient, defects of arrangement may be pointed out, which tend to counteract these purposes, and are productive of evils, to which no management can oppose any adequate remedy.

These evils arise from the improper mode in which the patients are brought together, owing to the want of suitable accommodations, for classing the various descriptions of individuals contained within the walls of a public asylum, among whom, besides the varieties of disease, there must necessarily be very considerable inequality of condition.

In some asylums, the males and females are distributed in wards which are contiguous, or

which are separated only by a common passage, or stair-case; a necessary consequence of this arrangement is, that when the men are at liberty, the women must be locked up, and *vice versa*. It will be easily understood, that, in an hospital so contrived, any subdivision, or farther separation of the patients, according to their rank, or to the state of their disease, must multiply the causes of restraint and of confinement; and its consequences, I have had occasion to notice, are highly irritating and distressing. In fine weather, when all the patients in a situation to go out of doors, ought to be enjoying themselves in the open air, a large proportion of them are unavoidably immured in their apartments; and when the sky is humid or tempestuous, many, from the same cause, must be excluded from the opportunities, occasionally offered, of enjoying the benefits of air and of exercise, during the uncertain and transient intervals of fine weather.

An object I have invariably kept in view in the arrangement of the plan which is now submitted to you, is, that the patient, during good behaviour, shall be the master of his own actions, in so far at least, as the state of his disease can permit; and that he shall have the privilege of going out at all times that are proper, for the purposes either of exercise in the open air, or of recreation and amusement, without any interference or controul.

This object, however, before it can be carried into effect, requires to be reconciled with another, namely, that of classing the patients, which certainly appears of still greater importance, and which, the more minutely it is pursued, the more it increases the difficulty of preserving the individuals from that degree of confinement which is both irksome and injurious. Circumstances, however, have occurred to my observation, while employed in examining some hospitals, which, co-operating with the opinions of different medical gentlemen with whom I conversed, have impressed me with the importance, in a public asylum, of a more full and effectual separation of the patients than I have as yet seen attempted, either in the asylums of the metropolis, or of any part of the country of England to which my researches have led me. In every one which pretends to good arrangement, the sexes are separated in a manner that is quite unexceptionable, the males and females having distinct divisions of the building assigned to them; but an arrangement which classes them not only according to sex, but to rank in life, and to the degree of insanity, while it preserves to the individual that degree of liberty which he ought to have, and, by proper arrangement, might have, I have reason to believe is a desideratum.

The chief difficulty which opposes an arrangement that is to reconcile and unite these objects,

is the great complexity of that arrangement, incompatible, it may be supposed, with that ease and simplicity of superintendence peculiarly required in Lunatic Asylums. It seems to give rise to too many unconnected classes or societies, and to expose the individuals to risk, by leaving them either too much alone, or too much in the power of servants. These difficulties, however, diminish on a deliberate examination of the subject, and a classification, even much more minute than I have attempted, appears to me capable, under various modes of arrangement, of being reconciled with perfect simplicity of management.

The particulars of the arrangement by which, in the design for the proposed Asylum, I have endeavoured to secure the great and leading objects which I have pointed out to your notice, will be fully explained in the sequel of this Essay. It may be sufficient, at present, to mention, that the ground, which will surround the building, is of such size as to admit of its being formed into a number of distinct enclosures, which, by means of separate passages, or stair-cases, will connect with the wards of the several classes of patients. By these means, the patients of each will have, at all times, the most direct and immediate access to that enclosure which is assigned them for air and recreation; while it may be put completely out of their power to go beyond their own boun-

dary, or to meet with, or even see, any individuals belonging to the other classes.

In this way, each class may be formed into a society inaccessible to all the others; while, by a peculiar distribution of the day-rooms, galleries, and grounds, the patients, during the whole day, will be constantly in view of their keepers; and the superintendent, on his part, will have his eye both on the patients and keepers.

An advantage peculiarly resulting from this arrangement will be, that those patients who are quiet and submissive, are relieved of the irksome and disagreeable sensations occasioned by their having a keeper always present, and observing their motions. Those, again, who are inclined to disorder, will be aware, that an unseen eye is constantly following them, and watching their conduct.

The building and surrounding grounds, are separated into two equal parts; one of which is for males, and the other for females. Each of these is divided into two subordinate parts; one for a higher, the other for a lower, class of patients. These last are subdivided, each into four parts, for different cases, or degrees of insanity;

1st, Frantic patients.

2d, Incurables.

3d, Ordinary patients.

4th, Convalescent.

On the two first points in the arrangement of this plan of division, namely, a separation according to sex and to rank in life, it is scarcely necessary that I should offer any remark. The first will be allowed to be a measure of necessity; the other to be one, at least, of very high expediency. It seems but reasonable, that here, as in other institutions, those who chiefly contribute to the support of the establishment, should be kept apart from the poor, and have superior accommodations, and other reasons, of perhaps greater importance, could be suggested; but they are so very obvious, that it might seem unnecessary to enumerate them. In this Asylum, there will be distinct divisions of the building, and of the ground, for the higher and lower classes of patients, who will thus be kept out of view of each other, under whatever circumstances of the disease they may happen to be placed. In both divisions, however, there will be differences of accommodation, suited in some degree, to the board paid to the Institution.

The next point or head, that which relates to a classification according to the degree of insanity, requires to be more fully considered, there being differences of opinion, among physicians, as to the extent to which it ought to be attempted.

One gentleman, who has the principal charge of a large establishment, recommended a very minute classification, and thought that provision

should be made for detaching single patients in a convalescent state from all intercourse with the others. In this opinion, however, I did not find him very generally supported; solitude, by most of the physicians with whom I had occasion to converse, being considered by no means necessary or conducive to cure.

Another physician, also at the head of the medical department of a large asylum, held an opinion still more at variance with that which has just been stated. He thought, that patients could be restored to reason, collectively, on whom no impression could otherwise be made; and stated, in support of his opinion, that cures were performed in public hospitals, of a much more remarkable nature, than any that had ever been effected in private practice.

The inference which this statement would convey, is unfavourable to the plan of secluding the patients, or even of classing them very minutely. It ought not to be admitted, however, without very considerable restrictions, since arguments derived from private practice are not strictly applicable to public asylums. It is certain, that the cure of insanity is no where so difficult, as where the patient is confined in his own house. Restraint, where he has been accustomed to the full enjoyment of liberty, must be productive of high irritation; but, in hospitals, it is submitted to as a matter of course.

Besides, no regular system of medical and of moral treatment can go on, while he is permitted to remain among his own relations and servants. Mistaken sympathy in the friends, and sinister views in the attendants, will frustrate all the skill and all the efforts of the physician. The circumstances which produced the disease, or which accompanied its formation, are also operating every instant upon his mind. But, when removed to a house of confinement, a new order of things is before his eyes; the usual train of his ideas and associations is suddenly and violently broken; and his mind, diverted from its accustomed wanderings, now fixes on the injustice and hardships of his situation, and in the contemplation of the society of which he is compelled to become a member.

It is to this sudden alteration in the mental, as well as in the physical habits of the patient; to the wholesome restraint which the laws of the institution impose upon him; and to the advantages of a skilful, and an undisturbed, superintendence of his case, that the benefits which he derives from a public institution may, perhaps, be chiefly ascribed. Further advantages, at the same time, have been stated, as arising peculiarly from the society of other patients.

It has been suggested, that although a patient can very seldom be brought to perceive that he is himself insane, he is usually very much inclined to think, that all around him are in that situation;

and blind as he may be to his own extravagancies, he is remarkably quick-sighted to those of others. Observing, in his intercourse with other patients, these extravagancies in all their varied forms, he finds out cases analogous to his own, which, in spite of himself, he is forced to apply; and this frequently induces a new train of ideas, remarkably favourable to the recovery of his reason.

But, admitting the solidity as well as ingenuity of this hypothesis, it is an argument only in favour of a properly regulated intercourse of the patients, not of an indiscriminate assemblage. No advantage could possibly accrue to any patient, from his being made to associate with those in the more degraded states of the disease, among whom some will be found whose habitudes resemble those of brutes, rather than of human beings.

Nor can it be supposed, that the recovery of a convalescent patient will go on the better for his being put into a ward along with others, who, from their proneness to violence and disorder, must be the means of frequently alarming and agitating him. Many go to houses of confinement, equally unfitted by nature, as unaccustomed by their previous habits, to scenes of alarm and danger. Many unite, to a weak frame, a gentle, timid, melancholy character; and the arm of the keeper cannot always be present to defend them. In an asylum which I had occasion to visit, and in which, from a defect in the building, the patients cannot

be separated in the manner that is desirable, one of them, some time since, most imprudently shut up with another, murdered him in a manner too shocking for description. I have had occasion, more than once, to observe marks of violence on the faces and persons of the patients; the consequence, the keepers informed me, of accidental conflicts, which they could not always prevent.

In one of the apartments of an hospital, where I happened to be, during the accidental absence of the keeper, I had the pain of being witness to a shocking outrage, committed by one patient upon another, which rendered the place, for some moments, a scene of frantic violence and uproar. In this apartment, I regret to say, there seemed to be very opposite descriptions of patients, both in rank and disease. One individual was peculiarly melancholy, and, but a few days before, had attempted the dreadful act of self-destruction; another was in a state of convalescence, and, to appearance, had been but little inured to scenes of outrage and horror. Had the building afforded the proper accommodations, the superintendent would naturally have separated these patients, from whose intercourse with each other no advantage could possibly arise, that could compensate for its obvious hazard. He would have secured the convalescent patient from the risk of being assailed by terrors which might retard his cure, or bring on a relapse; he would have placed the

other among patients whose general demeanour was better calculated to assuage that melancholy, which too frequently accompanies the disorder,—too frequently drives its victims to despair and suicide.

The conviction which these and similar circumstances have impressed upon my mind, of the expediency of a proper separation of the patients of an asylum according to disease, has been fully sanctioned by the opinion of Dr. Ferriar, to whom I have been very highly indebted for the free and liberal communication of his sentiments, on many important points connected with the arrangement and construction of Lunatic Hospitals. His authority, independently of the other circumstances to which I have alluded, would have determined my opinion, as to the necessity of full and effectual separation of the cases of disease, even were this separation to be accompanied with partial inconvenience to individual patients; but in the manner in which it will be seen by an inspection of the plan, that I have effected this object, I trust it will be found free from every objection.

It may be agreeable to the Committee to be also informed, that the sentiments of the late Dr. Currie coincided with those of Dr. Ferriar on these important points. Having stated the opinions of these eminent physicians,—opinions to which their high professional reputation, and great experience in the cure of mental derange-

ment, attach the highest importance,—it might appear unnecessary to detain you longer with the enumeration of other authorities.

THE annexed Plan, with the Table of Reference under it, is intended to convey, at one view, a general idea of the distribution of the building and grounds, as connected with the system of classification already pointed out.

The ground appropriated for the Asylum is of an irregular figure; but, after cutting off some parts which are required for household uses, a circular area remains of nearly three acres, in the centre of which the Asylum will be placed. The centre of the building is a large octagon, covered with a circular attic. Four oblong wings, of three stories in height, are attached to the octagon, and extend obliquely outwards, in opposite directions, like radii or spokes; and from the outward termination of each wing, two walls are continued outwards, in the same direction with the side walls, and extend to the extremity of the ground. The circular space is thus divided into four large enclosures like quadrants, and four oblong courts. Each quadrant, again, is subdivided into two equal parts, by a wall extending from the centre building to the outward boundary, like a radius of the circle. In this manner, eight enclosures, of considerable size, are obtained, all of them full in view of the windows of the superintendent and keepers, whose apartments are in the octagon. These enclosures will be occupied by eight classes of patients of different ranks and sexes, who are in an ordinary state of insanity, or who are convalescent. The four other areas of courts, which are out of view, will be appropriated to the use of those individuals whose disease does not admit of their being mixed with the ordinary patients, or of their going out, except when particularly attended by a servant.

In the arrangement of the building, equally as of the ground, care has been taken that these apartments, which are the usual resort of the patients during the day, shall be placed in the view of the keepers. Each story of every wing forms a ward, consisting of a row of chambers along one side, and of an oblong gallery on the other, which extends from the centre building to the extremity of the wing. In each story of the Asylum, therefore, there are four wards, two male and two female. The galleries of these wards converge towards a common centre, and near that centre, a room, interposed between the two male galleries, namely, a keeper's room, is placed in view of both, and also of their appropriate areas or enclosures. A female keeper's room, is similarly situated in regard to the female galleries; and, from a circular corridor, still nearer the centre, the superintendent has a view of all the galleries, and also of the day-rooms of these galleries, which are contiguous to the rooms of the keepers.

Besides the above-mentioned wards, there are four others farther removed, and of only one story in height, for furious and highly disorderly patients of the higher and lower ranks, and of both sexes.

The patients, it will be seen from the Table, are arranged in different wings according to rank and to sex, and in different stories of these wings, according to disease.

The wards for those, who in the Table are termed incurable, are not meant to be appropriated exclusively to the reception of that class of patients, nor can it be supposed that all incurables, without distinction, should be placed in one ward. These wards are intended only for the worst description of that class; and in general, for all patients whose habits and propensities are offensive to the others. Individuals who are inclined to mischief and disorder, will be controuled by the fear of exclusion, or of temporary exile from their own proper class, and of being transferred to one, in which they will have many deprivations of comfort to undergo.

The galleries of the several classes have their windows opening towards their own enclosures; by these means they are secured from the bad effects arising from the view of strangers. They have no view from their bed-rooms, the windows of which are placed high above head. The walls which surround the Asylum will be of sufficient height, not only to prevent the patients being seen by persons from without, but to exclude all idea of the possibility of escape. At the same time, to prevent the damp and cold arising from high walls, the ground towards the boundary will have a quick declivity, from the bottom of which the wall will measure the required height, although not above seven or eight feet above the general level of the enclosure.

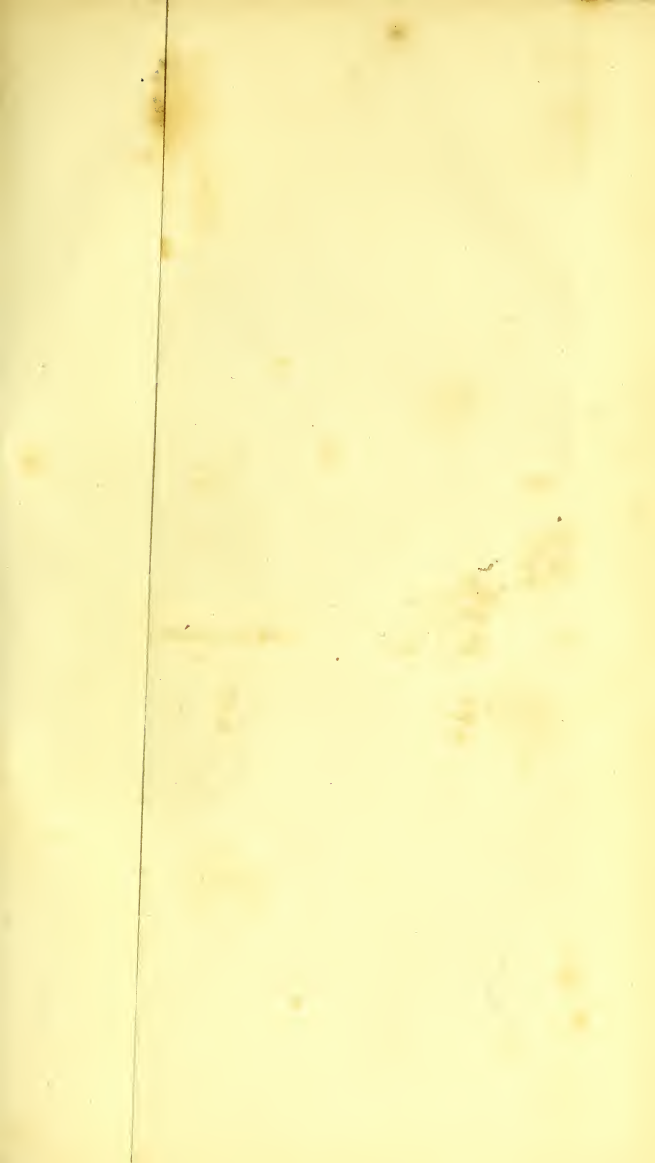
In the construction of the Asylum, particular provision will be made for diffusing heat through it; that which can be obtained from common fires, in such a building, being too partial and limited. The patients in some hospitals suffer much distress from cold; and its disastrous, and sometimes fatal, effects on individuals are well known. Few perhaps suffer from it so severely, but many complain and appear uncomfortable even in comparatively mild weather.

The building is so designed as to admit of its being executed either on a very limited, or on a great scale, as circumstances may permit. It could be restricted to the reception of sixty patients, although I should imagine, that accommodations for less than one hundred would be scarcely adequate to the almost immediate wants of the city, and of the surrounding country. Executed in either way, its exterior will form a regular design, and its interior distribution will be complete; it would even admit of being extended, at a future period, much beyond the present design, without any disorganization of the plan of management, or of arrangement.

To the foregoing hasty and limited description, drawn up for the information of such gentlemen as may not have had opportunities for minutely examining the plans, I intended to have

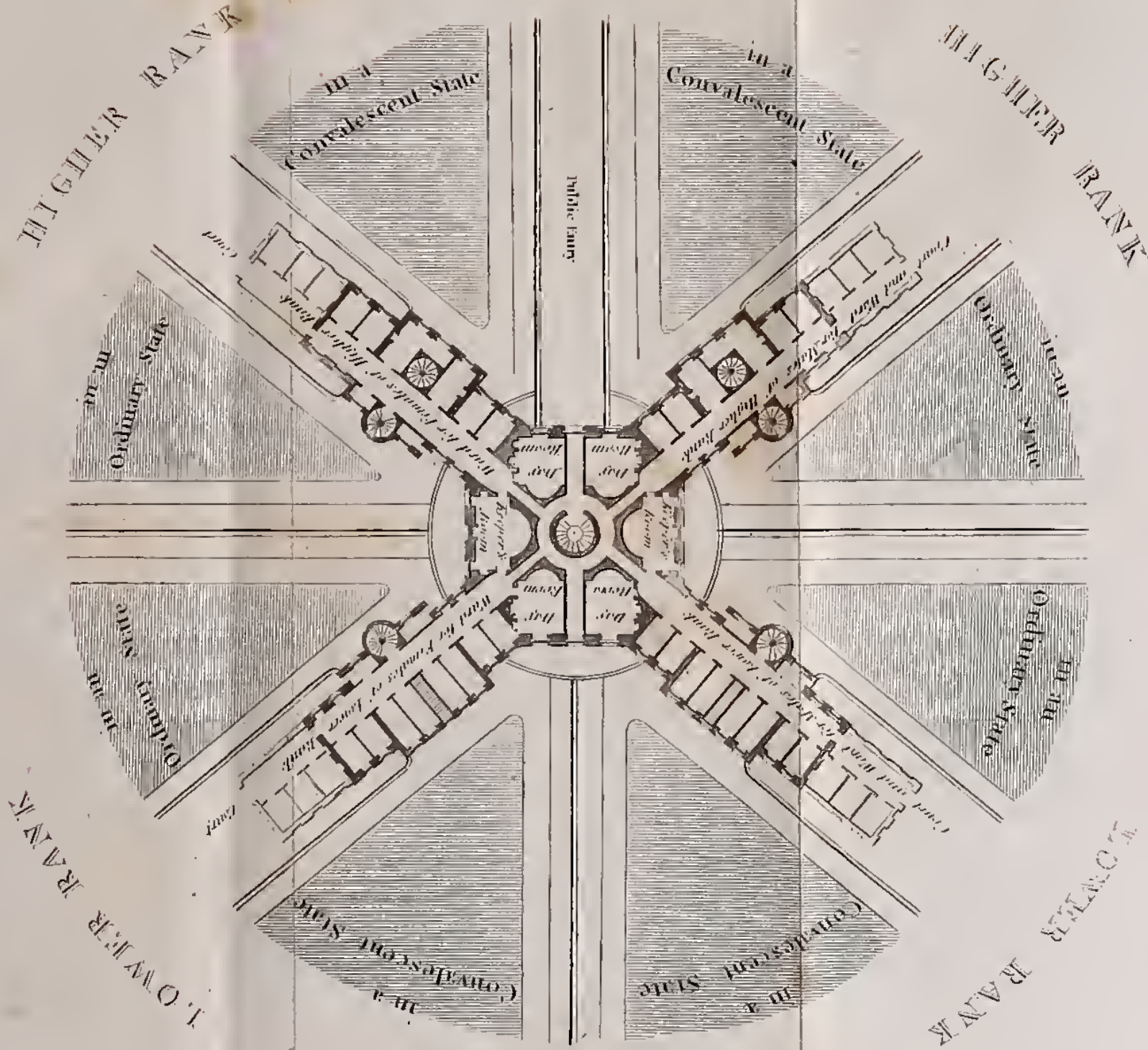
added a variety of subordinate, but by no means unimportant particulars, more fully explanatory of the construction and arrangement of the intended Asylum; and of the application of those general principles of management already suggested, as they stand connected with that arrangement; but the limits of your time, on which I fear I have already encroached too long, will not permit me to detain you with any further details. I therefore take leave of the subject, but not wholly without some feelings of regret, being conscious that, from my limited time, and the hurry of other pursuits, I have acquitted myself but imperfectly of the task which I have undertaken. I trust, however, that the general view I have endeavoured to hold out is understood and approved of; and that the indulgence with which the designs now before you have been honoured, will be extended towards these hasty and very imperfect remarks.

WILL. STARK.



STENTON'S

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MALLE PATIENTS

General View of the Plan of Classification, and of the Distribution of the Classes in the
GLASGOW LUNATIC ASYLUM.

MALE PATIENTS,

{ of the Higher Rank. }	{	Frantic, ...	{	Ground story—remote ward	{	of the Front Wing,	}	Right Hand.
		Incurable, ...		Ditto, nearest the centre . .				
		Convalescent, ...		Principal story				
		In an ordinary state, ...		Second story				
{ of the Lower Rank. }	{	Frantic, ...	{	Ground story—remote ward	{	of the Back Wing,	}	
		Incurable, ...		Ditto, nearest the centre . .				
		Convalescent, ...		Principal story				
		In an ordinary state, ...		Second story				

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FEMALE PATIENTS,

{ of the Higher Rank. }	{	Frantic, ...	{	Ground story—remote ward	{	of the Front Wing,	}	Left Hand.
		Incurable, ...		Ditto, nearest the centre . .				
		Convalescent, ...		Principal story				
		In an ordinary state, ...		Second story				
{ of the Lower Rank. }	{	Frantic, ...	{	Ground story—remote ward	{	of the Back Wing,	}	
		Incurable, ...		Ditto, nearest the centre . .				
		Convalescent, ...		Principal story				
		In an ordinary state, ...		Second story				



ADDRESS OF THE COMMITTEE

TO THE PUBLIC,

CONTINUED.

The good sense and humanity of those to whom this is addressed, render it unnecessary to say any thing in the view of heightening the interest excited by the very affecting scenes which this Memoir discloses. Not only the town of Glasgow, distinguished already for attention to the poor and sick, but all the opulent and populous districts around, are called upon, by every principle of humanity, of interest, and of religion, no longer to delay the providing of a place of refuge for those who need it the most of all, under a calamity, from the risk of which, no human being is exempted.

The sum required at first will be very considerable; because it is judged proper to adopt the plan which promises best to secure the important object in view, and which shall not be unworthy of a district so respectable and opulent as this is. In Glasgow, no public establishment of approved utility has ever been known to fail; and the Committee confidently hope, that the Asylum for Lunatics, the want of which is felt daily more and more, will receive an ample share of public support.

For the sake of gentlemen at a distance, the Committee have subjoined a sketch of the plan. The Plans themselves are left for inspection at the Tontine Coffee-Room, and Subscription Papers are left at the Coffee-Room, the Royal and Thistle Banks, and at the shops of Messrs. Brash & Reid, James & Andrew Duncan, John Smith, Alexander Wilson, and M. Ogle, Booksellers.

ROBERT M'NAIR, Preses.

SECOND REPORT

TO THE

Managers of the Lunatic Asylum.

BY WILLIAM STARK,
ARCHITECT.

WHEN delivering to the MANAGERS of the LUNATIC ASYLUM, the detailed drawings and descriptions for the use of the workmen to be employed in the erection of the building, it has been suggested to me, that a short Report on the nature of the design, in addition to what I have already had the honour of submitting to the Committee, might assist in removing some misapprehensions which prevail both as to the extent of its accommodations, and the necessary expense.

These misapprehensions seem to have arisen, in some degree, from comparing the present design with the first outline of the Institution, and consequently considering this extensive building as meant for the accommodation of only 50 patients. By reference to the plans, it will be found, that it is calculated for 120; and should its dimensions still appear of a magnitude disproportioned to the number of its inmates, it ought to be noticed, that there are many peculiarities in the arrangement of a lunatic hospital, which necessarily lead to a great extension of building, and a considerable additional expense.

In the first place, a large space must be set aside for the day-rooms and galleries, these being the chief resort during the day, and particularly in bad weather, for the patients who, for many reasons, cannot be permitted to remain in their bed-rooms. Each patient, besides, must have a separate sleeping-room, so constructed as to be proof against escape, or the effects of violence; and the peculiar difficulties of ventilation, in an asylum, require that its apartments should be lofty and spacious. It may be proper also to remind those, who, in judging of the scale of the building, have formed their ideas on that of a common hospital, that one-half of the Institution is intended for the accommodation of a higher description of persons than are to be found in an infirmary; that boarders of this class

may be expected to relieve the community of a great part, perhaps of the whole, of the annual expense of the establishment; and that the accommodations prepared for them must be of a nature suited to the wishes of their friends, and their accustomed habits of life.

It is now incumbent on me to state to the Committee a source of expense (though, I hope, to no great amount) which may be considered as peculiar to the design. . In that Report which I had the honour of laying before them in 1806, along with the designs, it was urged as an essential and leading principle in the arrangement of the plan, that all restraint or controul of the patient, beyond what the treatment of the case or the police of the Institution required, was improper, as it tended to inflame his natural impatience and irritation, to increase his disorder, and to counteract his cure. In particular, the vexatious interference of keepers, in matters of no moment, or which could otherwise be better regulated, was to be guarded against. It was for this purpose, and to prevent patients, in whose case there was nothing to require close confinement, from being imprisoned during a great part of the day, or even during occasional though short intervals of fine weather, that the wards were so contrived as to have an easy and direct communication each with an appropriate and distinct piece of garden, or airing ground, secured

equally against the possibility of intrusion or of escape; sheltered, airy, and cheerful; and surrounded by trees and shrubbery. It cannot be doubted that these enjoyments must contribute both to the health and to the mental repose of the patients; and it is of importance that they should be dispensed with no sparing or churlish hand.

Should it be suspected that these advantages are as yet untried and hypothetical, a short publication by the eminent Dr. Fox, giving an account of his establishment for the cure of insanity at Breslington, near Bristol, will remove such doubts. It does not appear at what time this paper was printed, and it came very lately to my hands. Had I been possessed of it earlier, it would have supplied me with much valuable authority respecting many of the statements contained in my former Report.

To facilitate the object in view, the intermediate communications between the wards and their appropriate enclosures, have been so contrived, that they may be left open to the patients during the day. They are constructed with particular attention to the prevention of accidents, and to the saving of any unnecessary waste of room. Still the arrangement leads to some additional expense of building, though trivial surely in comparison to its importance.

I proceed to state another circumstance in the design, but by no means peculiar to it, which adds some degree of real, and a great deal of apparent, magnitude to the building. The advantages to the patients in point of comfort, and what is still more important, in point of cure, which are obtained by the adoption of the single gallery, in preference to the more common mode of having rooms on both sides of it, are so well known to the Committee, that it might seem almost superfluous to state them.

Being lighted from windows ranged along one side, as well as from the end, instead of one end only, the single gallery is much more airy and cheerful, and therefore better calculated for a place of exercise and recreation to the patients, during bad weather. Having only one row of bed-rooms, it will also be much less noisy, than when there are contiguous and opposite rooms; and the Committee must be aware, how essentially the recovery of the patient will depend on his being allowed the enjoyment of quiet rest. It may farther be noticed, that this method is much more conducive to free ventilation.

Could I have entertained any doubts of the propriety of constructing the corridors in this manner, they would have been entirely removed by the high authority of Dr. Ferriar, and by the opinion of other medical men, and experienced

keepers, whom I had occasion to consult on the subject.

The adoption of this plan gives rise to a considerable elongation of the wings of the building; which is compensated, on the other hand, to a great degree, by a corresponding decrease in their breadth; and it is presumed, that the difference of expense will be much more than repaid by the advantages which will result from it to the patients.

Aware that all superfluous expense ought to be avoided in a building of this kind, I have constructed the elevation in such a manner, as to admit of the whole being executed in rough masonry. The dome, which is of a form to give some degree of dignity and picturesque effect, is extremely simple and easy of execution. An inspection of the plans and general section will explain its uses, and will show that there is no space within the whole volume of the building which is not usefully employed; nor has the convenience or utility of a single apartment been sacrificed to external appearance.

From the statement which has been made to the Committee, respecting the accommodations contained in the building, it will be seen, that its dimensions considerably exceed their present wants. It will become a question, therefore, whether it ought to be immediately executed in whole, or in part. I have already stated, that, in

either way, its plan of classification and of superintendence will be complete; nor can these at all be disturbed by any future extension of the building, if followed out on the same plan. It ought, however, to be noticed, that a great deal of temporary inconvenience, and, not improbably, of irreparable mischief, may be occasioned to the patients, by the introduction of workmen among them; and that an unavoidable extra expense must be incurred by every new addition or alteration.

In another point of view, the immediate completion of the design seems of importance. There can be no doubt that the particular ends of the Institution will be better obtained on a large, than on a contracted scale. In the former, the required separation of the cases of insanity can be effected, without the counteracting disadvantages of solitude; and the patients, arranged in wards of moderate size, will enjoy that society with each other, which is found by experience to be highly conducive to their recovery. The expenses of the establishment too will be smaller, in proportion to the number of patients; and it is almost superfluous to add, that the expertness and address of the servants of the Institution, and the skill of the medical attendants, in the treatment of a disease little connected with ordinary practice, will increase in the same proportion.

These considerations, it is presumed, may incline the Managers of the Asylum to extend their views beyond the immediate vicinity of Glasgow, and the present times; and may confirm them in the opinion, that it is their interest, equally as their inclination, to diffuse over the whole western counties, those benefits which, in the opinion of physicians the best acquainted with the treatment of the insane, exclusively belong to a large public Institution.

WILLIAM STARK.

January 9th, 1810.

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